

American and British diet culture

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Abstract: When it comes to British and American eating habits, the British and the American have three meals a day as we do, and they have unique tea culture in the afternoon. American everyday life access to the most foods such as hamburgers, Fried chicken and pizza, sauce noodles, tower rolls, sandwiches, hot dogs, French fries, doughnuts which are all from Western Europe into early. Additionally, British food cooking, know as a family delicacies food. British cuisine is characteristic of less of oil, light, seasoning with less wine, and condiments are mostly on the counter for the guest himself to choose. Cook exquisite fresh and tender, lightly taste and often choose seafood and all kinds of vegetables. So first let me introduce their diet.

Key Words: Diet, Culture, Food, Custom

1. Introduction

No doubt, Americans all acknowledges that European dishes are the ancestors of American cuisine. European food as "root" of American cuisine, again after his own cultivation, the American cuisine grow strong branches and gradually set up it's own subject.

American's traditional dishes like traditional Yankee, its characteristic is "truly ruggedly". They are using fresh materials, not rely on additives or flavors, food has maintain the original taste. The cooking process is simple, whether it is baked, fried, fried are not very complicitly. The main structure of American likes a triangular shape, the main food is beef, and the second are chicken and fish, the third are pig, sheep and shrimp, the fourth are bread, potato, corn and vegetables.

The British eating customs can be summed up as "full breakfast, lunch crabbed, dinner eat." The great banquets are held in the night. In addition to eat three meals a day, and a "afternoon tea", usually at three to four times, a cup of coffee or a genuine British tea, but also the way to contact with each other.

2. The diet

2.1 American and British breakfast

2.1.1 American breakfast

American breakfast is commonly simple. A good simple breakfast, possibly fruit juice, cereal, toast and coffee. May also be pancakes, maize slice, sausage, ham and various practices of eggs.

2.1.2 British breakfast

However, British breakfast is very rich, even more than any other country's rich dinner. This breakfast is well-known because it has a lot of fried food : sausage, bacon, mushroom, tomato. Besides, there are also scone, baked beans and other food.

2.2 American and British lunch

2.2.1 American lunch

American lunch is the most simple meals, and also the quantity is not large. American often eat vegetables and sandwiches, hamburgers, hot dogs or Italian pie, with a cup of drink.

2.2.2 British lunch

The most popular lunch is a baked potato in Britain. Also, sandwiches play a significant role in the lunch.

2.3 American and British afternoon tea

Americans do not have the habit of afternoon tea, while the British prefer to drink afternoon tea. In addition to drinking coffee or tea, sometimes they have cakes, biscuits and so on.

British afternoon tea time usually start around two o'clock in the afternoon. And it is usually tie-in whole set, including a pot of tea and a snack. Snack contains sandwiches, scone or a little cake.

2.4 American and British dinner

2.4.1 American dinner

For the three meals in a day, the most important still is dinner. Americans care a lot about the speed of doing things. Most Americans eat breakfast and lunch quickly unless it is a social, business or a family occasion. The evening meal, however, is usually longer and a time of the family to get together.

The dinner is generally rich. Usually a fruit platter or soup is on first, then the main course. People often eat Lord lai steak, pork chops, roast beef, fried muscle, fried shrimp, ham and grilled lamb chops and so on. The main course is vegetables, bread, butter, rice, noodles bar. Most Americans like to eat a sweetmeat after meal, such as cake, homely little pie or ice cream, and finally to drink a cup of coffee.

After dinner, the guest usually stay two or three hours, talking freely, but a thoughtful person is careful not to prolong his stay. Most dinner parties break up about eleven o'clock.

2.4.2 British dinner

In British, the traditional dinner usually consists of four courses: the first is soup, second fish, third meat, fourth is the dessert, pudding, and ice cream. Now, the supper basically consists of appetizers, staple food and dessert.

3. American and British diet and custom

Next, we talk about diet custom. In idioms, diet is closely related to people's daily lives. "Cheese", "cake", "bread", "butter", "cream", "salads" and "pie" are westerners' favorites, as they love homely food, and they are also extremely rich national characteristics of food.

3.1 “Bread and butter”

Some people say that western culture is actually the bread. Because the bread and butter is the most common western food. So in English, bread and butter means making a living.

3.2 “A hot potato”

In English “A hot potato refers to the difficult and troublesome thing, because the British and the Americans usually like to bake the whole potatoes. Just baking out steaming hot potatoes, and picking up hot, which makes

people want to throw away immediately. So , “A hot potato”is cited as "difficult problem".

3.3 “Tea”

The English have a special liking to tea, no drinks can replace the position of tea in their hearts. So somebody 's cup of tea is to be something that one prefers. They will say that classical music is not my cup of tea, it means that they are not interested in classical music.

4. American and British distinctive food

4.1 American distinctive food

In the United States many people prefer drinking black coffee without cream or sugar. In the light of statistics, Americans drink 500 million cups of coffee each day. Black coffee is mainly made by using a drip coffee perk. American black coffee is so pale clear and almost transparent that even brown coffee in the bottom of the cup can be seen. And taste is lighter.

4.2 British distinctive food

When it comes to the British food, we have to say that the British national dish --- Fish and chips. Fish and chips is a popular take-away food that originated in Britain's industrial revolution. It consists of deep-fried fish in batter or breadcrumbs and deep-fried chipped potatoes.

5. Conclusion

As everyone knows, England is an aggregation of a lot of ladies and gentlemen place, while the British diet, it oozes British society should have noble temperament, from material selection to cooking, and then to the table every word and action, the British people are to be careful to play to the extreme. Especially in the table manners at the dinner table, unable to speak, can not have tableware percussive sounds, knife and fork grip...

While the same is to eat, to the Americans, it appears to be a lot of flexible. The United States of America type diet does not pay attention to fine, the pursuit of fast and convenient. Three meals a day are more casual. their love is the so-called junk food. The rhythm of life at old us five minutes, Compared to Western-style food, they like the hamburgers more.

Taking all these factors into consideration, we naturally come to the conclusion that there is a big difference of diet culture between Anglo-American and us. But in fact, American and British diet culture extensively absorb different cultures all over the world influence.

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